The Effect of Mesalliances on Both Men and Women.

SOME WORDS ON A VITAL TOPIC

The Most Fatal and Common Blunder in Life.

Written for The Evening Star.



F THERE IS ANY mistake more fatal to a young man's or a girl's future it is that supreme act of social destruction called a mesalliance Indeed it is not measurable by any of the usual conditions of life, and death itself would be a kindness, compared with the long misery of some kinds of mesal-

flances. They may arise from inequalities of birth, differences in religious faith, or great discrepancies in age; but whatever their occasion, they are always a farreaching and irretriggable mistake; the mistake par excellence of any life.

An unequal marriage is not only the most fatal blunder of life, it is also the most common one; and although it is not very easy for a man to ruin himself with a single act, a foolish marriage will afford him at least one decided way. In regard to men's mesalliances they cannot be said to be specially the temptation of youth. Fool- know foclish young men who burden themselves with some theatrical divinity, keep up a



Pootman Who Marries His Mistress. If an old man marries beneath his station and culture, he believes he is getting the wife he mast desires; and if he is dis-fore them, and to numiliate her whole famappointed, he is at she rate near the end my, that the may please her low-born lover be correct. By an estimate based upon the grown beyond its most painful reach. But a young man who binds himself to a woman who is every way beneath his own station, education, and professional ambition, is in a different case. In a very short has put a mill-stone about his neck.

The Effect on a Giri. The effect of a social mesalliance on a girl is still worse. In the first place, it ought to be so; for she has to sin against the natural instinct of a good woman, which is the nature. If she be a woman of strong character she may lift her husband upperly of her own higher life. And if she finds it impossible either to lift him to her level or to sink herself to his level, what stinct which is both physiologically and socially noble. For a woman is less than a woman who does not consider the consequence of marriage, and provide in every way possible to her the best father for her offspring. And if she maries beneath herfor the circumstances to which she may nation of animal selfishness.

The Disapproval of the World.

Without stopping to analyze the sources of its disapproval, this is undoubtedly an instinctive motive for the persistent coldshouldering which society gives girls who degrade themselves by a mesalilance. It is obvious to every one that she has sinned ness or folly of a polite woman is against herself, her family, her class and bad enough, but the dullness and folly the highest instincts of her sex. Women have no parden for such sinners, for they see not only the present wrong; they look forward also to the possible children of such a union. They understand that they



will have to suffer all the limitations of verty, when they ought to have had all advantages of wealth. They may possibly inherit their father's vulgar tastes and tendencies, or they may have to en-dure the misery of fine tastes without any opportunity to gratify them. For this pre-mediate sin against motherhood and against posterity good women find it hard is determined by his.

When a girl is guilty of a mesalliance it

is sometimes said in extenuation that "she has married a man of noble disposition, and that it is better to marry a poor ignor-ant man with a noble disposition than a rich man who is selfish and vicious." If the alternative was a positive one, yes, but the alternative was a positive one, yes, but there is no need to make a choice between these characters. Men of refined habits and manners and good education may also have noble dispositions; and poor, ill-bred men have not always noble ones; at any rate, a good woman will always find in her own class just as good men as she will in a class below her own. Interference of Parents.

All this danger is evident to parents, nainsook, delightful to the touch, They know how fleeting passion and fancy their duty, by all possible means, to pre-

UNEQUAL MARRIAGES marriage is, theoretically, that every soul finds its companion soul, and lives happily ever after; and in this romantic search for a companion soul young girls are allowed to roam about society, just when their instincts are the strongest and their reason the weakest. The French theory—to which the English is akin, somewhat—is that a mother's knowledge is better than a girl's fancy; and that the wisdom that has hitheric chosen her teachers, physicians, spirit. erto chosen her teachers, physicians, spiritual guides, and companions, that has guided her through sickness and health, is not likely to fail in selecting the man most suitable for her child's husband.

Love Matches. This latter theory supposes women to love naturally any personable man who is their own, and who is kind to them; that is, if she has a virgin heart, and comes in this state from her lessons to her marriage duties. The American theory supposes girls THE FOOTMAN AND THE COOK to love by sympathy, and through soul attraction and personal attraction; consequently, our girls are let loose early-too early-to choose among a variety of Wills,



The Novel Reading Girl. and Franks, and Charlies; and the natural result is a great number of what are called "love matches" to which, it must be acmesalliances are too often the ish old men who marry their cooks, and corollary. Between these two theories it lost while that person is the guest of any bills are then turned over to the chief cook, with some theatrical divinity, keep up a very steady average. But the young man's mistake is much the worse of the two; for he has his whole life before him and has probably made no provision against such a social suicide.

of each so good that both alike are capable of the most unqualified praise and blame. It may, however, be safely asserted that the confidence every American girl has in her own power to choose her own husband helps to lessen the danger, and to keep things right. For an honorable girl may be trusted with her own honor; and a dishonorable one, and a number to choose of each so good that both alike are capable honorable one, amid a number to choose case, are forced to of from, may, peradventure, fare better than cars and dining cars. she deserves; for Fortune does sometimes bring in the bark that is not steered.

Most girls make mesalliances in sheer

thoughtlessness, or through self-will, or in that youthful passion for romance which thinks it line to lose their world for Love. which are an apotheosis of Love at any cost! Love against every domestic and so-ciai obligation! Love in spite of all prudent thought of meat and money matters! Love in a cottage, and nightingales and honey-suckies to pay the rent! And if parents object to their daughters marrying ruin, then they are represented as monsters of cruel-ty; while the girl who files stealthily to her suffering.

The Wife of a Servant. In real life what are parents to do with a daughter whose romantic folly has made her marry their groom or their footman. Ridge and the Alleghanies or that it fol-We have outlived the inexorable passions lows the windings of a beautiful valley, if of our ancestors, and their undying loves it fails to match its competitors in the other and hatreds, sacrifices and revenges. Our great desideratum-the dining car service. social code tolerates no passion swallow- The opulence of historic and picturesque ing up all the rest; and we must be content with a decent expression of feeling. What their daughter has done they can- so great and inevitable is the demand for not undo; nor can they relieve her from the the latest and best, and all there is of it, in social consequences of her act. She has modern railway provision. In view of this wife of a servant, and they cannot accept ried be naturally a low man, he will probably drag her to his level by the "grossness of his nature." If she be a woman of strong then remains? Lifelong regrets, bitter shame and self-reproach; or else a forcible setting of herself free. But the latter remedy carries desperation instead of hope with it. Never can she quite regain her maiden place, and an aura of a doubtful kind influences every effort of her future

self socially the almost certain presumption is that the social status of her husband is the measure of his intellectual abilities and of his personal refinement base. And when a woman considers here After all, though men have not the repuman, and men dare this possibility far more frequently than is generally supposed. Perhaps after a long season they find the fine ladies with whom they have lifted and danced a weariness; and in this mood they are suddenly taken with some simple, unfashionable girl, who does not know either how to dress, or flirt, or dance. So they make the grave error of thinking that because fine ladies are insupportable, women who are not fine ladies will be sweet and companionable. But if the one be a blank, will that prove the other a prize? The dullof an uneducated woman is worse Very soon, they find this out, and comes indifference, neglect, cruelty, and all the misery that attends two ruined

Certain Wretchedness.

The result, of unequal marriage in both sexes is certain wretchedness, and this verdict is not to be altered by its exceptions, however brilliant they may seem to be For when a man of means and education marries an uneducated girl of low birth, or a woman of apparent culture and high social position marries her servant; and the marriages are reasonably happy, then it may be positively said "there has been no mesalliance." The husband and wife were unequal only in their externals. The real characters of both must have been vulgar and naturally low and under-bred.

It is folly to talk of two beings unequally married "growing together," or of "time welding their differences," and making things comfortable. Habit indeed reconciles us to much suffering, and to many trials, but an unequal marriage is a trial ao one has any business to have. It is without excuse, and, therefore, without comfort. When the Almighty decrees us a martyrdom he blends his peace and consolations there-with; but when we torture ourselves our sufferings rage like a conflagration. Per-haps the chain may be worn, as a tight shoe is worn, into shape, until it no longer lames; but oh, the misery in the process!
And even in such case the resigned sufferer has no credit in his patience; quite the contrary, for he knows, as well as others know, though submission to what God ordains is the very height of energy and nobility, submission to the mistakes we ourselves make is the very climax of cowardice and weakne

AMELIA E. BARR.

Bedding for Bables. . Bables of the last generation were raised that her social station and her social life on beds of down. Now science, fashion and common sense prescribe curled hair for the first pillow as well as the mattress. This material affords better circulation, an even and healthy temperature is maintained and and healthy temperature is maintained and it is believed that the brain gets a chance denied the infant who is put to sleep on feathers and air-proof down. Very many parents discard pillows altogether, and in the interest of animal perfection the dimpled, double-fisted creature is put to sleep on local with the purples and russy cars. No pled, double-fisted creature is put to sleep on a level with the pupples and pussy cats. No linen is used in the up-to-date layette. The sheets and pillow slips are made of cambric; the, little swaddling bands are knitted or woven wool and the bands of the barrow coats and flannel petticoats, instead of being clumsy folds of linen or muslin, are sheer

> Up-to-Date Sunday School. From Life.



CCORDING TO thoughtless popular belief, anybody can keep a hotel; persons of experience assert that very few people are fitted for success as hotel managers. while it is the opinion of those who are versed in the details of managing cafes, that it is much easier to conduct a ho-

tel than it is to superintend such an institution. This is a question, perhaps, which may never be settled | except by railway companies, and yet it is settled by law that railway companies are not keepers of hotels. The supreme court of Kentucky, by a recent decision, holds that, no matter how many sleeping cars and dining cars a railway company may operate, that company is not, legally, an innkeeper. If this decision has value, such as usually attaches to the judgment of courts bility of his car. He makes out all of his that are supreme, a railway company may person can collect damages for property can detain the person or baggage of that

So confirmed are the people of the United States in their peripatetic habits and their love of luxury that they demand the best of accommodations while traveling. In Foolish novels are as often to blame for railway managers, no railway company their social crime as foolish men-novels makes, directly, a dollar on the business makes, directly, a dollar on the business done by dining cars.

Must Follow Suit. It is a rule in business that any investment which does not pay must be dropped or it will drop you. Why, then, is it that railway companies operate dining cars? It is because it is a case of compulsion. misery, and breaks every moral tie to do As one does the other must do. The so, is idealized into an angel of truth and people have had a taste of dining car serv-As one does the other must do. The ice and now they demand the luxury. It is of but little importance that a road traverses the famous battlefields of Virginia, that it climbs the peaks of the Blue wealth cannot compete without the appeal to the stomachs and comfort of travelers, the

The Pullman brothers made their fortunes by banking on a sure thing. They laid their wagers on the love of human beings for things that make life easy and comfortable. About thirty-five years ago George and Alfred Pullman were practical and industrious cabinet makers in a little one-story shop in Canal street, Grand Rapids, Mich. Between the demands made on them for hand-made tables, chairs, bureaus, bedsteads and the like they found time to act, respectively, as the manipulators of the alto and the tehor horns in Brass Band, of which the late Dr. D. W. Bliss of Washington was also a member. It was in the little shop referred to that the Pullman sleeping car was first evolved, and from that beginning has developed the mammoth interests of the Pullmans, Tothe dining car. The shrewd revolutionists of railway car construction saw a way to tickle the palates of travelers and utilized it, knowing that it would prove a reliable investment. At the start the Pullmans built and operated the wheeled caravansaries as an accommodation to the railway companies, and the terms upon which they operated were based upon the loss liable to ensue, instead of upon probable profits. The Pullmans had the courage of their convictions, so that their dining cars were veritable palaces in finish and furniture; attractive to the eye, and complete in re-sources for the accomplishment of the end in view. The investors did not risk the parently, seek a profit, and so for a num-ber of years the dining cars were operated by the manufacturers as a favor-an additional attraction, for the benefit of railways. Even now a very large proportion

of the dining cars in service is operated by the Pullmans.
Long experience, however, has convinced the managers of railways that this service may be provided by their companies with equal satisfaction to travelers, less inconvenience to themselves and at a cost less than is indicated by the figures of the Pullmans. The result is that a majority of the leading trunk lines have purchased dining cars outright and are operating them on

a meal he feels that he is paying a profit to the caterer, even though the meal be somewhat elaborate. If each dining car could be assured that a certain number of

modern dining car costs from \$15,000 to \$18,000, according to the elegance of its fittings. The kitchen utensils and table furniture for a single car cost \$500the wares necessary being of the finest quality, usually of Haviland brand. Then for silver ware-knives, forks, spoons, tea pots, sugar bowls, milk pitchers and other accessories-a single car requires \$1,000 any one thing which a dining car must drop of coffee touches a tablecloth or nap-kin or a doylie a change is necessary, and miles at forty miles an hour-there being no laundry attachment as yet—the washing and ironing of linens while under way is out of the question. As an illustration of this cloth consideration the appended exhibit and the regular outfit on a diner will

Tablecloths, 200; napkins, 500; medium-sized doylies, 100; small doylies, 75; extra small doylies, 50; cooks' jackets, 60; cooks' aprons, 75; caps for cooks, 50; jackets for waiters, 75; aprons for waiters, 100; glass ware towels, 200, and dish towels, 100.

their duty, by all possible means, to prevent their daughter making an unworthy marriage. How far parents may lawfully interfere is a question not yet decided; nor yet easy to decide. The American idea of the first sum to fit and equip an elaborate cafe in any large city. To this sum must be added an average of \$100 per month for the loss by breakage of dishes, and then come operations.

Cost, \$500.

Thus we have a total cost so far of from \$17,000 to \$20,000 per car—a sufficient sum to fit and equip an elaborate cafe in any large city. To this sum must be added an average of \$100 per month for the loss by breakage of dishes, and then come operations.

a month; two assistant cooks, at \$60 and \$40 a month, respectively, and four waiters, at \$30 per month each. In addition to the wages those persons employed on a diner get their board while making a material used on the run. The cost of raw material used on the ive-day run between Louisville and New York and return aggregates \$400, to which must be added \$125 for the wages and boarding of employes, so that, approximately, an average of over 100 meals must

be served each day on every dining car in order to make the venture a profitable affair.

There is no absolutely exact method of estimating as to the number of meals that will be served during a run of, say, eighty hours, because of the uncertainty of the habits and dispositions of travelers. The sleeper may be crowded, every berth occu-pled and yet when the steward passes through his train with his "last call for breakfast," it may, and frequently does happen, that no more than ten or twelve breakfasts will be ordered. On the other hand, the sleepers may be, practically, vacant, and yet when dinner is called, twenty-five or thirty ladies and gentlemen from the day coaches may hurry in to the dining car as hungry as bears. Thus it is, that the only safe way is for the steward to be absolutely certain that he has enough of everything when he starts out

on a run. A Man of Parts. The conductor or steward of a dining

bills of fare, which he submits to the decline to lodge and feed any person; no chief of the commissary department for approval. Receiving this sanction, the is impossible to make a positive selection: railway company, and no such organization who superintends the taking on of supplies for the bad of each is so bad and the good can death the person or baggage of that it accordance therewith After this bag in accordance therewith. After this has individual who having had board and been done the steward takes a comlodging from the corporation declines to pay plate inventory of all supplies-not only of provisions, meats, fruits, wines, &c., but of all dishes and linens-and that inventory an amusing phase of railway history, be- goes to the chief of the department. At the end of the run the conductor makes a report of supplies used and his inventory and report must agree. To aid in assuring harmony between receipts and disbursements, checking systems between waiters, cooks and conductors are used.

To be a successful conductor of a dinin spite of this demand, it is claimed by ail, car a man must be exceptionally skillful as a judge of people. He must be able to pass rapidly through a train and by noting faces and the attire of pasengers and by recording the number of lunch boxes and baskets visible, form an approximately close estimate as to the number of meals likely to be called for. All circumstances must be taken into consideration. For instance, it is safe to assume when a train starts at 7 in the evening that a majority of the passengers have had their din-ner before boarding the train. It is also safe to assume that a majority of those passengers ticketed for a distant city will want three meals the next day. This is but a small part of the conductor's duty. He is expected to seat his guests and use exceptionally wise judgment in the performance of that duty. He must pick out the luxurious wine-loving epicure and sep-arate him from the one who is a total abstainer; he must keep the voracious stainer; he must keep the voracious ten-minute eater away from the slow and de-liberate feeder and he must so dispose of the chap who eats with knife and fingers that he will be apart from the dainty and elegant manipulator of forks, food, knives and spoons. In brief, the high-class dining car conductor must be judge, diplomat and executive all in one and his manner and appearance must be invariably agreeable.

Valuable Inches.

For years the fanciful precincts of the a dining car there is an average loss of dy; but with the coming of the new conseven cents. This new phase of the law of venience whatever of credit attaches to supply and demand, is explained, not by such qualifications must be divided with claim that there is not a the kitchen of the dining-car. Anything profit on each meal served at the more concise and at the same time more under which he permitted mere physical beauty to bind him; and he knows, that as far as his future progress is concerned, he far as his future progress is concerned. are, doubtless, some trains in the country, ing, stewing and frying of food for hunbetween New York and Washington, and dreds of people, seems to shrink itself modbetween New York and Buffalo, where estly up against the wall. The carving board, there is a profit in the dining car service, the baker's bin and table and the sculbut as an entirety the average shows a lion's tank are all on hand when needed, sigure on the wrong side of the ledger. In view of this fact, it is interesting to know as to the origin of the service.

A Sure Thing.

A sure Thing.

A sure are and out of sight when not wanted. There are shelves and hooks, cupboards, great and small; bins for flour, fruits and groceries, refrigerators for meats and milk, and the same are annula accommodation. and, in fact, there are ample accommoda-tions for all things needed. Everything seems to be right in front of you at the right time, and, with the three cooks who preside, the area of space occupied is about five feet wide by twelve feet in length. In thinking over the dimensions, bear in mind that the car is about nine feet high, and that every inch on all walls, clear to the ceiling, is utilized for the purposes of the place; that from the floor up the china closet is all shelves and drawers, and that helf and drawer is designed especially for the reception of a certain lot of ar-ticles, which, in order to be received, must be placed in position in just such a certai way. In brief, it is, throughout, the Latin "Multum in parvo" exemplified by the use of the rule, the saw and the hammer. Then there is the buffet, equally condensed and convenient, where are kept the supplies of convenient, where are kept the supplies of mineral waters and other liquid luxuries, while all through this store-house end of the car are most remarkable utilizations of space for the reception of water, ice and fuel. It is here that the chief cook and his assistants may prepare a dinner so elabo-rate and attractive that it seems a matter of magic; and as the waiters, dignified and wholesome in their snow-white jackets and aprons, serve the guests so skillfully and satisfactorily, one wonders if, after all, it is really worth while to try to live elsewhere than on a train which is scheduled to do a certain number of miles an hour

continuously. Londing for a Run.

"Let's go out and see the boys preparing for the run to New York," said R. H. service of the Chesapeake and Ohio road, with headquarters at Covington, Ky. And as I followed him into the trainyard I could not help wondering as to what I was to see. Entering the car I found the interior a bewitching picture of cleanliness and eleas leaving Cincinnati, the spotless linen the shining silver and the hanging baskets of foliage plants combining to outrival the elegance of the richly finished car. And as I feasted my eyes there came from the kitchen a wealth of savory odors sufficient to whet the appetite of any well-fed person. "Where do you carry your extra supplies?" I asked, and Mr. Myrick answered, "In the cellar. Come on and I'll show meals would be required daily there would you." Following him to the outside of the car I saw two men at work loading the "cellar." This compartment consists of a large box, which is long enough to reach the entire width of the car, and it is securely built under the floor of the vehicle, forming a sort of second or false bottom thereto. Into this box the men had packed several pieces of ice and were just then stor-ing away various loins of beef, legs of lamb, dressed poultry, chops, steaks, cans of milk and jars of butter. "Is it neces-sary," I asked, "to carry so many sup-plies?"

cause it is better by far to have material to throw away at the end of the run than to be unable to fill an order because of our supplies falling short. Speaking of supplies," he continued, "did you ever see an oid-fashioned Kentucky ham, one of the real old Henry Clay kind?" and when I re-plied that I had not, knowingly had that experience, he invited me to follow him. We entered the headquarters, a plain, ante bellum structure of brick, and as we came into the high basement thereof my mind was instantly filled with memories of winter evenings long ago, when hickory nuts and cider, doughnuts and cheese sent us to bed contented rustic monarchs, each with a dream builder of his own.

There from the dark old hand-hewed rafters hung dozens of three and four-year old hickory-smoked hams, the bouquet from which was calculated to encourage every hen in the blue grass section to at once

HORSFORD'S ACID PHOSPHATE A Nerve Food and Tonic.

IN FAVOR OF SYMMETRY.

Exercise the Abdominal Muscles to Decrease the Girth. rom Harper's Bazar

The tendency of women in middle age is toward that something which has been often delicately characterized as "embon point." Given a certain number of years and a tendency to avoirdupois and invariably the fatal signs appear; the lap, when one is seated, disappears, the girth below the waist line increases out of proportion to the rest of the body and men and women of middle age find themselves suddenly encumbered with properties that never seem rightfully to belong to them-properties as difficult to be rid of as the hold which the fabled Old Man of the Sea is said to have had upon his victim.

On the miseries of these properties and proportions it is quite possible to descant at endless length without exhausting the ing, introduced himself as Count B., from theme. Every sufferer knows what they are and has added to her own sense of personal discomfort the painful consciousness of feeling the eye of every observer taking, as it were, her measurements and condemning her outlines. Few sufferers, be an accomplished gentleman. means by which relief may come. The purpose of this article is to point out some of them. Exercise of the abdominal muscles has

been found to be the most effective way of overcoming this tendency to undue size below the belt. No part of the body is generally exercised so little. The easiest and simplest of the exercises for the reover the head, take in a full breath and bend the body back from the waist without allowing the hip or knee to move. Do this very slowly at first. Careful people insist that the movement should stop the moment it in any way causes the woman pain ment it in any way causes the woman pain or discomfort, while other authorities main-tain that done rightly—that is, slowly, surely, gracefully and with precision—the most delicately organized of women can suffer no possible discomfort from it. Great care should then be taken to do the exercise carefully. After having bent back car is the man who bears all the responsi-Great care should then be taken to do the exercise carefully. After having bent back as far as possible, with the arms still above the head, bend forward, still very slowly, while exhaling, and with the hips and knees still unmoved, see how near the hands can be brought to the floor. Practice this ten times daily.

An exercise rather more difficult to acquire depends for its efficiency upon the power of the individual to stand upright and contract the abdomen at will. Standing erect, draw in the abdomen. While holding it in draw up the chest (not the

and contract the addomen at win. Standing erect, draw in the abdomen. While,
holding it in draw up the chest (not the
shoulders), moving the upper part of the
body a little from side to side to get the
chest well up. This pulls, as it were, the
abdomen after it. In this way the inert
muscles are strengthened and the weight
of the flesh if overcome and distributed abdomen after it. In this way the inert muscles are strengthened and the weight of the flesh is overcome and distributed and opportunity for accumulation dissipated. Women in whose families there is a tendency to large stomachs can entirely overcome this, even on a milk diet. Try this twelve times night and morning this twelve times night and morning. A very severe exercise and one which only sound women should undertake is as follows: Lie flat down on the floor with the arms held fast to the sides of the body, then raise the body from the hips. Do this two or three times. It will need great practice to acquire this, but it is worth it.

With the arms akimbo twist the upper part of the body making it reaforms.

part of the body, making it perform a spiral movement from the right round to the left, a given number of times, and then from the left round to the right for an equal number. With the arms still akimbo bend the body again from the hips at an angle, first on one side, then on the other. Standing perfectly straight, place the hands lightly on the breast, keep the hips and knees still, then turn the head and and knees still, then turn the head and upper part of the body very slowly and carefully to first one side and then the other, as if to look at something back of one. The muscles of the abdomen will all be called into play by this movement and the weight of fiesh overcome. The position of the hands prevents one's using the arms to pull one's self about. The abdominal pectoral muscles are therefore forced into pectoral muscles are therefore forced int

play. If the size of the abdomen, as is fre quently the case, is the result of a certain costiveness of habit, relief will come from suffer from his folly, or they have already to any more consideration than she has experience of all railroads in the country, ship's galley have served as the type, par standing upright with the hands to the abdomen while doing so, in order to let the diaphragm have fuller play afterward; then raise the arms from the side till they their utmost capacity; then let the arms descend again as one exhales. Do this twenty times twice a day. Not only will While performing any of these exercise to corsets must be worn, and the bod and the body

should be as free from clothing as possi

The Increase of Nervousness in Ame

Doctor S. Weir Mitchell considers it proved beyond any dispute that nervousness s the characteristic malady of the American nation, growing upon them in a frightfully accelerated ratio every year, and threatening them with disasters at no distemplating. The number of deaths from his cause is already appalling, and is steadly and rapidly increasing. In some of the busy centers the tables of mortality show that the proportion of nerve deaths has multiplied more than twenty times in the last forty years, and that now the nerve deaths number more than one-fourth of all the deaths recorded. What is most shocking in these returns, this fearful loss of life occurs mainly among young people in my hotel and I have a distinguished guest in my hotel and I have a distinguished guest in my hotel and I have a distinguished guest in my hotel and I have a distinguished guest of both sexes. This means that the Americans are fast becoming a very short-lived people; and that, if they were shut in on themselves for only a few years, without any indux of vitality by immigration, the publication of the census would send a pang of horror and alarm throughout the land.

What is the cause of this? Doctor Mitchell

is clearly of opinion that the first and most potent cause is the climate. How or why the climate of America produces the effects that it does, has never been explained. Doctor Mitchell says the operation of climatic conditions in relation to health in this country is utterly mysterious; but he is quite persuaded that the development is quite persuaded that the development of a nervous temperament is one of the race-changes, which are also giving the Americans facial, vocal, and other peculiarities derived from none of their ancestral stocks. Some scientific observers have affirmed that there is an "electric" quality in the climate here which operates powerfully on the nerves, but it is not clear what they mean by that; and Doctor Mitchell, who has probably given the subject more attention than anybody else, does not consider the evidence of this electric gance. Every table was tastefully laid for the dinner, which would be served as soon as leaving Cincinnati, the spotless liner is certain is, that people coming largely from the phlegmatic races undergo a chang of temperament here, and become excitable emotionable, and irritable in a degree that is unknown in any other part of the world. Another plainly recognized effect of the American climate is, that it makes the strain of either mental or

From the Detroit Free Press. The golden barge of the mighty quee floated softly down the beautiful and mysterious river, and Cleopatra turned her glorious eyes from the entrancing scene to Antony.

"O, king," she murmured, "is there the world a sight so beautiful?" "Thou art more beautiful, queen of my he whispered, touching her hand with his lips.

Those wondrous eyes of hers closed languidly and the long lashes lay at rest upon the rich red clive of her cheeks.

"Tony," she sighed rapturously, corker and no mistake." And the golden barge floated on.

Wait a While. rom the Somerville Journal.

For three whole weeks now—hear him boast!
Smith hasn't smoked.
For three whole weeks Jones has gone dry—
He's almost choked.
Brown has his diary written up
Complete to date.
White has his personal cash account
In model state.

But wait a while! You'll see Smith with
His favorite pipes.
Friend Jones will try a little gin
To cure the gripes,
Brown's dairy won't be brought out
Each blessed night,
And as for White, his cash account
Will be a sight.

'Twas ever thus. The glad new year Is ushered in With most commendable resolves Is ushered in
With most commendable resolves
To keep from sin.
That it will be a lasting change
Men have no doubt;
But most of them backslide before
The month is out.

A BIT OF PSYCHICAL EXPERIENCE

BY DE WITT C. SPRAGUE.

Written Exclusively for The Evening Star.

Late one evening in January, 187-, I reached the town in the southern part of Italy where I was to represent the United States government until relieved by a successor or removed by the Roman fever that rather too frequently prevailed down there. On my arrival at the hotel in which I had ordered quarters I found supper awaiting me, and was finishing the meal, when a man, whom I had observed perambulating the room in an apparently restless man-Albania. Accepting my invitation to be seated, he handed me a cigarette, and we soon became pretty well acquainted. The count was a tall, handsome man of about twenty-three years, and he appeared to The following day, with him for my

told me a good deal about himself and his family. He was an only child. His father, a distinguished Albanian nobleman, was then a prominent minister of state in that Turkish province. His mother, of German extract, had died some two years ago. He and forth from the waist. Raise the arms and at the latter place his cousin, a beauaful girl, sixteen years old, was also in school when he went there. She was his father's ward and lived with him, though the count had seldom seen her for some years prior to his going to Heidelberg. But at that place the cousins met frequently, and before long they discovered that a mutual love attachment was drawing their young hearts together with its

golden chain. They were secretly affianced, yet deemed it prudent as well as proper to keep their secret until their return to Albania, when the count's father should be duly apprised of their love and supreme wish At the end of a year, in a felicitous state

of heart and mind, they returned to their home, and the count promptly informed his father of the love affair with his cousin and begged permission to marry her. But to the astonishment and grief of the lovers the severe old minister, whose sense of honor appears to have been extremely acute, flatly refused his consent, even forbidding the lovers meeting again, and to insure the enforcement of this hard mandate he ordered his son to be sent to Italy, where, with a suitable allowance, he was to remain during his father's pleasure. Moreover, "to avoid family scandal," the son was commanded to bear an assumed name while abroad. The young man, driven nearly to distraction by his father's arbitrary orders, was at first inclined to rebel, but a tender letter trum his cousin and the wise counsel of friends finally prevailed, so one dark, stormy night he permitted himself to be taken from his

he permitted himself to be taken from his father's palace and placed on board a steamer bound for Italy.

Now, the only reason given by the old nobleman for his extreme course was that, being the guardian of his niece, he might be accused of encouraging her marriage to his son in order to secure in his family absolute control of her large wealth, and no argument or influence on the part of his friends was able to remove this apparently absurd conclusion from his mind. He refused to see the case in any other light, and even threatened to disinherit his son altogether if he persisted in his wish to marry the beloved cousin.

After hearing the count's story, of which this is but a sketch I stid to the count's story, of which

At dinner that day the count seemed to be unusually cheerful, and he insisted upon my having a glass of lachrymae christi with him. The wine, which at that time with him. The wine, which at that time was rather expensive, even in Italy, was duly ordered, though not promptly brought. After waiting rather longer than a reasonable time, the count again called the waiter and asked in an angry tone why his order had not been attended to. The fellow answered insolently that he was obeying his master, the landlord, whereupon my new friend, greatly enraged, called for that personage. He soon appeared, and there ensued a war of words, in a strange language, that threatened serious conselanguage, that threatened serious conse-quences, if I was to judge of the situation from fiery tone and violent gesticulation. However, there were no physical blows, and the storm soon spending its wrath, the landlord hurriedly fetched the wine and departed without a word. "The canaille!" muttered the count, as he proceeded to fill the glasses.

fill the glasses.

I was getting ready for bed that night when a light rapping called me to the door of my room, which I opened, and was surprised to meet the landlord there. In a whisper he obsequiously begged pardon for disturbing me at that late hour, yet exclused himself because he had something important to communicate. I motioned him to enter, and as soon as the door was closed behild him he began to gratify my curios-fairs. great nation. You are a distinguished guest in my hotel, and I have no right to see your noble disposition imposed upon by a bad man, a traitor, signor, a traitor! That man who constantly intrudes himself into your company is an adventurer, not a count. He is indebted 600 lire to me and will cheat He is indebted 600 lire to me and will cheat me with lies. When I ask for my money, he says, 'I expect money from the prince, my father, in Albania,' and he has told me the same story every day for these two weeks. Three days ago I requested him to give me a draft on the prince, his father. He refused and insulted me. No, signor, he is not a count. Today a gentleman from Albania told me that there is no family of his name in that country, so you see he is a 'swindler, Signor Consul. I do not care so much for my 600 lire as I do for the honor of my house, which would be destroyed if I permitted such a distinguished guest as the Signor Consul to be swindled and robbed under my very eyes. And so, guest as the Signor Consul to be swindled and robbed under my very eyes. And so, Signor Consul, beware of that man, who is laying plans to take advantage of your generous heart. But he shall not do it. Tomorrow I will go to the police and he shall be arrested. I will not wait any longer."

longer."
This is not half the talk of which the excited landlord vehemently delivered himself before he paused, evidently for a breathing spell. But I embraced the opportunity to put in a word, though I admit that I wasn't put in a word, though I admit that I wasn't altogether sure of my footing. However, I began by assuring him of my perfect confidence in Count —, for he had shown me papers and letters relating to his family affairs, which appeared to verify his statements. It was true that he was not then bearing his father's family name yet. statements. It was true that he was not then bearing his father's family name, yet there were reasons for this which I could not disclose. Regarding the non-receipt of the expected remittance, while I, of course, couldn't explain it, I advised the worthy host to be patient for a few days longer, assuring him that I would be responsible for his bill from date until further notice. At the same time I pointed out to him that the count's large luggage in the hotel ought to be ample security for the amount alto be ample security for the amount al-

ready due.

The landlord seemed to be favorably impressed by my remarks. He thanked me somewhat profusely for my "unselfish kindness and distinguished advice," by reason of which he would wait a little longer, yet he shrugged his shoulders doubtfully. As he went out he turned to me and asked softly.
"Did I understand the signor consul that
he would be security for the 600 lire?"
Official business calling me to Rome I
left for that city early the next morning left for that city early the next morning without seeing my friend, the count, and it was not until my return, a week later, that we again met. I noticed a marked change in his appearance. He was pale and haggard, and the usual vivaciousness had entirely disappeared, yet he greeted me heartily and said he had been dreadfully lonesome during my absence. I tried to make him cheerful at the dinner table by relating some funny American stories. to make him cheerful at the dinner table by relating some funny American stories, but only faint, sad smiles repaid my efforts. And what surprised me not a little was his refusal to touch a drop of his favorite lachrymae christi. He explained that his "head was not well."

After dinner we walked out and he again took up the story of his troubles. He declared that it was evident his father had forsaken him, because no remittance had

days ago, none had been received, and his last lira was gone! But he proudly de-

clined to accept a loan from me, saying that perhaps, after all, it was too early to expect a reply to a Heidelberg letter; he would wait a day or two longer, and then he abruptly switched off to ask about my trip to Rome.

We sat down near a clump of olives on an elevated spot, from which we had a fine view of the old Adriatic. The count looked over its blue waters as if straining

fine view of the old Adriatic. The count looked over its blue waters as if straining his eyes to behold the shores of his beloved land, which lay right across from where we sat. After a few minutes of silence, he said, "Herr Consul (we usually conversed in German), when I was a little child, my grandmother used to sing an old Albanian love song to me, which I had long ago forgotten, but since we sat down here it has come to me again. How strange! Ah, Herr Consul, we have many folk songs of great beauty and tenderness strange? Ah, Herr Consul, we have many folk songs of great beauty and tenderness over there, but this particular old melody always touched me more deeply than any other. It was the sad tale of an Albanian maiden, who had been driven almost to madness by the cruel desertion of her un-faithful lover, and after months of misery faithful lover, and after months of misery had died of a broken heart. But during all her sufferings the poor child sang one in-coherent song, the burden of which was that her lover, still true, was awalting her that her lover, still true, was awaiting her in a "land more beautiful than Albania." In a low voice he sang the song in his native tongue. While I did not understand the words, the melody was surely weird and doleful enough. At the end he was greatly affected, his eyes being filled with tears. He translated a verse or two into the German, of which the following sample is a tolerably good English version:

Fair is Albanian land guide, I strolled about the city and along the fine harbor, and during our walk he

Fair is Albanian land, Yet there's a fairer strand, Where doth my lover stand Longing for me. For him I weep and sigh, Love, hear my heart's wild cry! lend me wings to fly Where I would be!

We returned to the hotel and the coun We returned to the hotel and the count seemed to have regained much of his wonted cheerfulness and good humor, but he early bade me good night, remarking that he had considerable correspondence to attend to, and should not leave his room that night. Between 11 and 12 I went to bed, but, without knowing the cause, was so extremely nervous and restless that it was a long time before I finally fell asleep. It is, of course, impossible for a sleeping It is, of course, impossible for a sleeping person to measure time, hence, I am unable to state just how long I had slept before I began to dream or the duration of

my dream.

Now I have read much of the psychologi-Now I have read much of the psychological and physiological speculations of the learned as to the origin or cause of dreams, and yet I confess that the phenomena that "wear the guise of objective realities," when the avenues of sense are apparently wholly shut off from external influences, are still unexplained—still a marvel to me. That my dream, if indeed it may be called a dream, had no connection whatever with any subject-matter which had ever occupied my mind I can safely affirm, and my last thoughts before going to sleep that fateful night, as I easily recollect, were of loved ones beyond the western shores of the Atlantic. the Atlantic.

All at once I saw standing near my bed

the Atlantic.

All at once I saw standing near my bed a tall form, whose outlines were dim and uncertain, yet the face, clearly defined, was radiantly beautiful and fascinating. It was the face of a woman, or of an angel! For a moment the vision looked down at me with a sad smile, but the smile was suddenly changed to an expression of horror and intolerable anguish. The head was quickly thrown forward until the dark, disheveled hair fairly touched my forehead with a keen stinging sensation. I tried to cry out, but a finger was presed upon my lips, while I was forced to a sitting posture in my bed, and then the apparition in piteous, beseeching tones cried in my ear: "Awake! awake! fly to my son! Save him! In God's flame, save him! Fly, Herr Consul, fly, ere it is too late! The money is come! His father relents! Fly, O fly!"

Impelled by an inexplicable something that completely controlled me, I sprang from my bed and almost flew down the corridor to the count's door, through which I burst and tore a cocked revolver from his right hand! But the man remained motionless, like one stunned by a sudden blow. His eyes were blood-shot and his appearance was like that of a madman, Quickly I became fully conscious of what had passed so lightning-like and of possible peril if the count should turn upon me as an intruder. After a moment he bent his gaze savagely toward me. But I in the meantime had somewhat collected myself, and, approaching, I took his cold

After hearing the count's story, of which this is but a sketch, I tried to encourage him to wait patiently, and discoursed eloquently on the beauties of hope, but my words didn't appear to console the young man to any great extent, for he knew his "father would never relent," and he had "forever lost all hope of happiness." my ears to this day he fell forward int my arms in a swoon. I gently pushed him back upon his bed, and watched and nursed him until morning, when a doctor was called, who examined the patient with

was called, who examined the patient with an ominous mien, after vi.ic. I was able to extract from much proficational jargon that the count was suffering from nervous prostration, which was superinduced by intense mental excitement.

When the sufferer became conscious be complained of sharp pains in his temples, and said his head had troubled him for some time, yet not a word ever passed his lips touching the events of that fearful night.

In the afternoon of the following day he In the afternoon of the following day he felt strong enough to walk out with me, though his appearance was that of a person who had been sick for weeks. But we had not gone far before we were overtaken by a post office official with a registered letter for the count. It was from his father and contained a draft for 5,000 francs, and it ordered him to return to the count.

fairs.

Verily, "There are more things in heaven and earth, Horatio, than are dreamt of in your philosophy."

The Strain of the School on America

From McClure's Magazine. Dr. Mitchell deliberately maintains that, for all the best purposes of female society, it would be better that American girls were

not educated at all until they are seventeen than that they were overwrought as they are at present. They study seven or eight hours a day, when two or three would be sufficient to keep their intelligence in training-and all for what? To spend their after years on a sofa or in a sick reem, and to be a burden, instead of a help, to those who are dearest to them. It is a tremendous saying, from one speaking with authority, that as much domestic unhappiness is caused in America by nervousness among women as by dram-drinking among men. Yet such is Dr. Weir Mitchell's verdict. He holds that every girl ought to be examined as to her that leisure, exercise and wholesome ought to be insisted upon; and that ought to be compulsorily diminished. ontinued altogether, the moment the well are maintained in normal nervous condition until they are seventeen, they may study almost as hard as they please afterward without imperiling their woman's life. But let there be no mistake about it. Overwork and unnatural worry from eight or nine to seventeen mean ruin and wretchedness fro seventeen till early death.

How Armour Thawed a "Freeze From McClure's Magazine.

A few months ago there was a movemen to crush Armour in a graft, corner. He had contracted to deliver several million bushels of grain at a given date. Delivery of this sort, as is well known, means delivery in other structure. And still he had three million bushels to move from the far west, and there were but thirty days left for the completion of the undertaking. When he dis-covered the "freezing-out" designs of his competitors he gave himself no anxiety

whatever. He rang his office bell. A cleri responded. responded.
"Send for Mr. —, the builder."
Mr. — duly made his appearance.
There was a brief conversation. Twentyeight days after that the newest and larges grain elevator in the world was in Armour's possession. It had been built for him in the nterim by an enormous force of men working in three eight-hour shifts each day. The three million bushels were stored on the

twenty-ninth day, and there was spe

a large downtown office, was talking in a rather elevated tone of voice to a gentleman of her acquaintance on an Illinois forsaken him, because no remittance had street car yesterday. He was evidently acbeen received since his arrival in Italy. He had written to a friend of his family at Heldelberg informing him of the situation, and asked her what it was. "Punching holes in the English language," was